



Lebanese Beef & Fetta Meatballs

with Carrot Couscous & Hummus Dressing



Garlic



Carrot



Baby Spinach Leaves



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Fetta Cubes



Vegetable Stock Powder



Couscous



Hummus

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Get a load of this meal that's brimming with colour and flavour! With a veggie-packed couscous, mildly spiced meatballs and a creamy hummus dressing, all the elements work their magic together.

Pantry items

Olive Oil, Egg, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
baby spinach leaves	1 medium bag	1 large bag
lemon	½	1
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
butter*	20g	40g
water* (for the couscous)	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
hummus	½ packet (50g)	1 packet (100g)
water* (for the dressing)	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3297kJ (788Cal)	743kJ (177Cal)
Protein (g)	46.2g	10.4g
Fat, total (g)	40.7g	9.2g
- saturated (g)	16.6g	3.7g
Carbohydrate (g)	54.6g	12.3g
- sugars (g)	10g	2.3g
Sodium (mg)	1822mg	411mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **garlic**. Grate the **carrot**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a good pinch, then slice into wedges.



Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **vegetable stock powder**, then bring to the boil. Add the **couscous**, stirring to combine. Cover with a lid, then remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, the **salt**, **egg**, **fine breadcrumbs** and 1/3 of the **garlic**. Crumble in the **fetta cubes**. Mix well. Using damp hands, shape heaped spoonfuls of the **beef mixture** into meatballs (4-5 per person).



Finish the couscous

Add the **baby spinach** and **lemon zest** to the **couscous**, stirring to combine. In a small bowl, combine the **hummus**, a good squeeze of **lemon juice** and the **water (for the dressing)**. Season with **salt** and **pepper** to taste.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**.



Serve up

Divide the carrot couscous between plates. Top with the Lebanese beef and fetta meatballs. Drizzle with the hummus dressing. Serve with any remaining lemon wedges.

Enjoy!

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